

# How To Be HEALTHY AND BEAUTIFUL

## By MRS. HENRY SYMES

### The Art of Powdering



Closing the Pores with Alcohol



Applying the Powder



Do Not Forget the Neck



A Preparatory Rub with Cold Cream



Carefully Remove Surplus Powder

skin from "breathing" properly. Moreover, at night you do not require any protection of that kind.

A very soft cloth and moderately warm water in which a few drops of alcohol, cologne, or violet ammonia have been

added are sufficient to remove grime and grease from the face. Always use cold water afterward, rubbing the face with your hands.

You see that, after all, the art of powdering is a simple matter, involving

a little time and care, and producing results that are worth while. The essentials are water, cold cream, powder, and patience, and you have mastered the most delicate of delicate accomplishments!

## Mrs. Henry Symes' Advice to Correspondents

### Steaming the Face.

WILL you please tell me how to steam the face?—or maybe there is another word for it, but I don't know it. What good does it do the face, and how long should you do it at one time? A. F. X.

You can improvise a steaming apparatus by folding and fastening a sheet of very stiff cardboard around a deep pan of boiling water, to form a tube. The top must be at least a foot above the water. Hold the face down into this until all the pores are thoroughly open, or for about five minutes.

Be careful, however, how you use this steaming process, as it is extremely drying to the skin when employed too often. If done in moderation and followed by a facial cream, it helps to

### A Red Face.

Will you please give me your help and advice in this: My face becomes very red and florid when I get excited, and the skin is very rough, with the pores enlarged. I used cold cream every evening, but it does not seem to help me any.

Before I was married I had a beautifully formed bust and neck; but a short time ago I lost all of my bust, which is now very small. Will you please tell me something I can do to regain this—something that will not take up too much time, as I go to business all day.

R. A. M.

Imperfect circulation often produces a red face and is almost certain to ac-

company indigestion. See that your blood is in good condition and avoid hot, spicy foods and hot drinks. As you flush most when you "grow excited," the best thing you can do is to cultivate placidity. Learn to keep cool under the most trying circumstances. It will not be easy at first, but in time you will be surprised how calmly you can accept trying situations that once excited you greatly.

As far as the texture of your skin is concerned, follow the advice so often given in these columns for thorough washing, followed by massage with a good whitening cream, say the orange flower formula.

Then you might try this lotion:

LOTION FOR ENLARGED PORES.  
Boric acid, 1 dram; distilled witch hazel, 4 ounces. Apply with a piece of soft linen.

Possibly the soap you mention does not

agree with your skin. Different soaps suit different people, and you should experiment until you discover one you like. Washing the face with hot water and a good soap is beneficial rather than injurious, if it is well rinsed.

To enlarge your bust, practice deep breathing exercises. Bathe it freely with tepid water and give a gentle massage with a good skin food. Be careful not to exert too much pressure, as it is a very sensitive region. Work up and outward.

If you care for an internal remedy, the Vaucaire formula, which has been given so frequently of late, has proved very helpful to many of my correspondents.

You might also try to live on fat-producing foods for a time—plenty of milk, chocolate, soups, farinaceous foods, puddings, and sweets.

### Keeping the Hair Light.

I have heard of you helping so many other girls and I hope you will be so kind as to help me if you can. I am quite a young woman but my hair is changing color. Its original color was a lovely golden (not red), but of late it is turning to a dirty brown. Do you know of anything that will help to make it return to its natural color? A friend told me to rub the yolk of an egg into the roots of my hair and then rinse off with warm water with a little soda dissolved in it, but I did not like to use it until I had your advice. ANXIOUS.

The best way to keep your hair light is to give it frequent and thorough shampoos. If it then persists in growing darker, it would be better to allow it to do so than to apply bleach of any sort. A shampoo that will help to keep your hair light is as follows:

SHAMPOO FOR LIGHT HAIR.  
Potassium carbonate, 1 ounce; ammonia water, 1½ ounces; tincture of cantharides, 6 drams; bay rum, 4 ounces; alcohol, 4 ounces; water, 6 ounces.

Dissolve the potassium carbonate in the water and add the remaining ingredients. Rub well into the roots. Rinse thoroughly in several waters. Then dry.

Egg is said to darken the hair. Soda must be used with great discretion, as it makes the hair brittle.

### Asks for Preparation.

Will you please advise me what cream of pond lilies is used for and how it is to be used? A. R. W.

I know nothing whatever of the preparation of pond lilies, and so I am sorry to say I can give you no advice on the subject.

## On the Care of the Hair and Skin

### Wants Liquid Rouge.

ONCE had a formula for a liquid rouge from you, but I have mislaid it. The only thing that I remember about it was its name, "Bloom of Roses," and that it had to be distilled over night. The stains you have had in lately do not seem as good. If you can remember this one, I shall be delighted to get it once more; if not, one just as good. L. D. D.

This is the formula for which you inquire:

BLOOM OF ROSES.  
Carmine, 30 grains; ammonia water, 1 fluid ounce; rosewater, 4 fluid ounces; spirit of rose, 1 fluid dram; oil of rose, 1 drop.

I hope that this was the recipe you wanted, and that it will prove satisfactory.

### To Make Hair Grow.

Will you please print in your beauty column a solution to make my hair grow? It is thin and short. I would like something that would make it thick and long. Have a lot of small hairs, which bother me very much.

Also, please tell me how to use the bleach you give for whitening the neck, and can you use it for the face? A. D. H.

The following formula is excellent for your purpose:

HAIR GROWER.  
Bay rum, 7 ounces; distilled witch hazel, 8 ounces; common salt, 1 dram; hydrochloric acid (5 per cent), 1 drop; magnesia, sufficient.

Mix the bay rum and distilled extract of witch hazel and shake with a little magnesia. Filter, and in the filtrate dissolve the salt and add one drop of hydrochloric acid.

The magnesia will cause the preparation to turn quite yellow, but the yellow will disappear when the hydrochloric acid is added.

Apply at night to the roots, with friction. Massage also promotes the growth of the hair. It should be persevered in for some time, however, as the results are slow. Brushing the short hairs up right direction.

The bleach should be rubbed into the neck with a sponge or linen cloth two or three times a day until the stain disappears. It may be used on the face as well as on the neck.

### Wants a Recipe.

Will you kindly tell me a recipe for falling hair and dandruff? You had a recipe in your column a short time ago for dandruff of long standing, which I copied, but since have lost it. It read something like this: "Rosemary water, 8 ounces; tincture of cantharides, 3 ounces; glycerine, 1 ounce; oil of rose, 1 ounce." Now I am not sure whether it was 3 ounces of tincture of cantharides or 3 drams.

Mrs. D. M.

Perhaps this is the formula you ask for. It is very good for dandruff of long standing, as you say yours is. I am also giving you a tonic for falling hair, which is good for dry hair as well. Dandruff is often caused by too much dryness of the scalp.

### TONIC FOR FALLING HAIR.

Phenolic acid, 2 grams; tincture of nux vomica, 1½ grams; tincture of cinchona, 30 grams; tincture of cantharides, 2 grams; cologne, 129 grams; sweet almond oil, 60 grams. Apply to the roots of the hair with a soft sponge once or twice a day. This lotion is especially good for very dry hair.

TO REMOVE DANDRUFF.  
Tincture of cantharides, 1 ounce; liquid ammonia, 1 dram; glycerine, 1 ounce; oil of thyme, ½ dram; rose-quince oil, ½ dram.

Mix all together with six ounces of rosewater. Rub the scalp thoroughly with the preparation until the dandruff entirely disappears.

### To Remove Scars.

I write to ask you for a remedy for scars on my face, caused by pimples being opened. They are very contact and are very much like smallpox scars, only not so deep, but are very annoying to me. I would be so glad to have them removed. I am over thirty years old, and have had them for years.

It is almost impossible to remove scars of such long standing. Electrolysis might do it, but I would advise you to consult your family physician before taking any such step. The following salve might be of aid to you, and could not injure the skin.

LANOLIN FOR SCARS.  
Lanolin, 2 drams; tincture of biniodide of mercury, 1 dram. Rub in well once a day.

### Using the Liquid Whiteners.

I have tried your remedy for whitening the skin in the form of the liquid powder, and wish to ask how often it

ought to be applied and whether there is anything in it that would in time injure the skin. Also, is there some remedy you can recommend for moles? Mrs. I. F. T.

The liquid whiteners should be used as any other bleach or powder would be—once a day, or oftener if you wish. I do not, however, advise carrying the use of any powder to excess. There is nothing in it to injure the skin.

Nothing will remove moles but electricity or the surgeon's knife. If you decide to take this treatment, consult a reputable doctor before turning yourself to a stranger, as the operation may be very dangerous.

### Formulas for Creams.

1. I once had a recipe for face cream containing gum tragacanth combined with the usual oils, wax, etc. Do you remember any such recipe? If so, will you please print it, as I cannot find mine?

2. I have a recipe from a Western beauty doctor containing honey and rosewater, with the usual amount of almond oil and wax. Now, honey ferments in a few days when mixed with water, and gives a very bad odor; consequently, I am loath to try it without first asking advice. Have you ever tried it?

It reads thus: Almond oil, 4 ounces; spermaceti, 1 ounce; white wax, ½ ounce; honey, ½ ounce. Melt and add one ounce of rosewater.

3. When I make my cold cream it is thick and stiff. Why is it not creamy and soft?

The only formula for face cream containing gum tragacanth that I know of is the following:

BORO GLYCERINE CREAM JELLY.  
Tragacanth, whole, 50 grains; water, 15 ounces; glycerine, 2 ounces; alcohol, 1 ounce; boric acid, 80 grains.

Macerate the gum in the water until perfectly soft; strain through muslin; dissolve the acid in the glycerine by the aid of heat, add to the mucilage; then incorporate the alcohol. Perfume to suit, and add, if necessary, enough water to make sixteen ounces.

I know nothing of your second formula, and so cannot recommend it. Rosewater, however, is an oil and not a water and so could not cause the honey to ferment. The formula is probably carefully prepared, and contains nothing which could possibly injure the skin.

Are you sure that you are following exactly the formula for making cold cream? It should not be stiff, as you say it is. Perhaps, however, you expect it to be too soft. Cold cream always has a certain consistency.

### Treatment for Dandruff.

The following treatment was recommended to me as a positive cure for dandruff, no matter how excessive or of what long standing. Will you kindly tell me your opinion of it, and also tell me how to give an egg shampoo at home?

"For three successive days rub the scalp with coconut oil; on the fourth day shampoo with an egg, then each night, for two weeks, use this lotion: Rosemary water, 8 ounces; tincture of cantharides, 3 ounces; glycerine, 1 ounce; oil of rosemary, 1 ounce. Again use the coconut oil at the end of two weeks. Egg shampoo once more, then the tonic for two weeks. If this treatment is used as given, there is no case of the kind it will not cure."

My husband and I both have a great deal of dandruff, which is causing my husband's hair to fall out in quantities, and mine looks lifeless. I can't dress it in any way. It used to have just enough curl to be nice, but that has gone, and the ends have split; one hair into two or three.

R. C.

The treatment you suggest is excellent, and, as your friend proclaims it to be "a positive cure," why not try it? In addition, however, I would massage my head each night, and either single the hair to cure its split ends or have it done by a professional hairdresser. You can easily manage it yourself by twisting the locks into small strands and passing a light comb over it.

To give one's self an egg shampoo, break two eggs into a small bowl and beat them lightly with some warm water. Apply to the scalp, rub well into the roots and let it remain about half an hour. This wait may be dispensed with, but it is much better to take the extra time. Then, with plenty of lukewarm water in a bowl, wash your scalp and hair thoroughly, being sure to loosen all the dandruff. Rinse in tepid water several times, and finally in cold water. If you have a sprinkler that can be attached to the hot and cold water faucet in the bathtub, rinsing your hair may be much simplified.

There is only one danger in using the egg shampoo: too hot water will cook the egg, and your head will be a trial to your soul for days.